



Safety Sense



Holiday Decoration Safety

Putting up decorations is one of the best ways to get in the holiday spirit, however, an estimated 15,000 injuries involving holiday decorating were seen in emergency rooms during the 2015 season (National Safety Council). Try to keep in mind the following safety tips when decorating your home this holiday season:

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- Decorate the tree with your kids in mind; move ornaments that are breakable or have metal hooks toward the top
- "Angel hair" is made from spun glass, and it can irritate your eyes and skin; always wear gloves when handling it, or substitute non-flammable cotton
- Always use the proper step ladder when hanging ornaments; don't stand on chairs or other furniture
- Inspect your lights; make sure there are no exposed or frayed wires, loose connections or broken sockets
- As a general rule of thumb, do not connect more than three strands of lights together
- Plants can spruce up your holiday decorating, but keep those that may be poisonous (primarily Poinsettias) out of reach of children and pets. The national **Poison Control Center** can be reached at **(800) 222-1222**
- Hanging lights from a high place such as a roof or tall tree creates a high risk of falling; be sure to have someone stabilizing any ladder used, never stand on the top rung of a ladder and don't over-reach while standing on a ladder



**"While on a ladder, never step back to
admire your work."**

- Unknown

Need to talk?

Support for sexual assault
survivors in the military

safehelpline.org | 877-995-5247



From the staff of the SDARNG Safety and Occupational Health Office, we wish you and your family a safe and happy holiday season.

Winter Sports Safety

Every year, millions of people flock to ski slopes, skating rinks and sledding hills to enjoy a few hours of skating, sledding, skiing, ice hockey and other winter sports. Along with those great times comes the possibility of winter sports injuries that may be prevented with the right safety precautions.

Among the list of reasons people visit the emergency room, sports injuries come in second. According to research compiled by Globelink, approximately 3.8 million people suffered winter sports injuries in 2013 in the United States alone. Sledding was the most common cause of injury, resulting in 700,000 cases per year, but skiing, ice skating, hockey and snowboarding sent sports enthusiasts to the ER as well.

In many cases, these injuries could have been prevented by following important winter sports safety tips. If you enjoy winter sports, don't forget to follow these basic winter sport injury prevention tips:



Skiing/Snowboarding



Snowmobiling

- Never participate alone in a winter sport
- Keep in shape and condition muscles before participating in winter activities
- Warm up thoroughly before activity; cold muscles, tendons and ligaments are more vulnerable to injury
- Check that equipment is working properly before use
- Wear several layers of light, loose and water- and wind- resistant clothing for warmth and protection; Layering allows you to accommodate your body's constantly changing temperature. Wear proper footwear that provides warmth and dryness, as well as ample ankle support
- Take a lesson (or several) from a qualified instructor if you are a beginner, especially in sports like skiing and snowboarding
- Consider the appropriate helmet to wear for the sport you are participating in, whether it be skiing or snowmobiling, wear the correct personal protection equipment



Alcohol and Winter Sports Do Not Mix

Forget the myth that alcohol warms up a chilled person. It opens up the blood vessels and removes the feeling of chill but it does nothing to increase body heat. Instead, it can increase the risk of hypothermia, a dangerous lowering of the body's core temperature. Alcohol increases fatigue, fogs your ability to make good decisions and slows your reaction time. It's a serious accident or death waiting to happen.

HERE IT COMES

Cold Weather Injury Prevention

As cooler weather approaches, it's crucial that Soldiers understand the importance of protecting themselves to avoid becoming a cold weather injury statistic. Cold weather injuries sideline Soldiers and impact a unit's readiness. The right conditions can help set up anyone for failure when it comes to cold weather injuries, regardless of their rank, age, fitness level or gender.

READY ...OR NOT?

<https://safety.army.mil>

Ready ... or Not is a call to action for leaders, Soldiers, Army Civilians and Family members to assess their readiness for what lies ahead - both the known and unknown.

Throughout our professional and personal lives, events happen all around us. We are often able to shape the outcome of those events, but many times we're not. Navigating life's challenges is all about decision-making.

So are **YOU** ready ... or not?

